

# Family Conversation Starters for Emotional Support

Here are some tips for using these conversation starters: Keep questions open-ended and non-judgmental. Offer space to listen actively rather than immediately solving problems. Respect privacy—students may need time before sharing. Pair conversations with shared activities (walk, meal, game) to reduce tension.

CHECKING IN  
ON FEELINGS

**How are you  
feeling lately?**

CHECKING IN  
ON FEELINGS

**What's most  
challenging for you  
this season?**

SHARING  
GRATITUDE &  
POSITIVES

**What's one thing  
that brought you  
joy lately?**

SHARING GRATITUDE &  
POSITIVES

**What's one thing  
you're proud of that  
you've accomplished  
this year?**

SUPPORTING COPING &  
MENTAL HEALTH

**Is there something  
that helps you  
feel relaxed or  
supported at home?**

SUPPORTING COPING & MENTAL HEALTH

**How can I support you  
during the holidays?**



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NAVIGATING STRESS

**What's one small thing we can do together to make the holiday easier?**

REFLECTION & GOALS

**Is there something new you'd like to try before the year ends?**

NAVIGATING STRESS

**Are there any situations coming up that you anticipate will be stressful?**

REFLECTION & GOALS

**What's one thing you want to carry forward into the next year?**



## Additional Resources

For more resources and information, scan here or visit The Steve Fund's website:

[stevelfund.org](https://www.stevelfund.org)

